

Dateline DHMH

Maryland Department of Health and Mental Hygiene

A Message from the Secretary

In February, I wrote that this would be a relatively quiet General Assembly session for DHMH, but that it would be an important one.

As it turns out, it was both important and successful.

From a fiscal standpoint, we made out extremely well, with DHMH receiving an increase of six percent. In dollars and cents, our appropriation for the fiscal year beginning in July is over \$290 million better than last year.

Much of this increase will go to Medicaid and the Mental Hygiene Administration, but almost every area of the Department received additional dollars. However, this does not mean there is plenty of money. We must continue to closely monitor expenditures to assure they are used for our most critical needs.

Looking at laws that were passed, shortly after the session closed, Governor Glendening signed a package of bills aimed at better protecting Marylanders from a terrorist attack.

A portion of the legislation gives the Health Secretary clear authority to take action when necessary; provisions also

enhance the ability for local authorities to act quickly. These bills put into place a framework for preparedness, and DHMH played a critical part in getting Maryland ready.

We have also been working to ensure that DHMH receives federal funding for bioterrorism preparedness.

A \$16.8 million supplemental grant application has been submitted to the Centers for Disease Control and Prevention to improve the public health infrastructure.

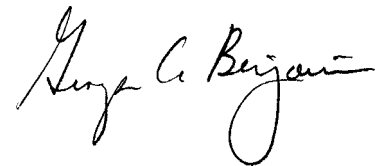
Much of this will be allocated to our Local Health Departments to enhance their ability to prepare and build resources.

From the State viewpoint, we will receive funds to enhance our ability to coordinate surveillance and conduct epidemiological investigations; to bolster the Laboratories Administration's ability to train staff and purchase equipment; and to increase our ability to communicate at both the state and local levels. Resources will also go toward education and training in risk communications.

We have also applied for a \$2.3 million grant from the Health Resources and Services Administration. Almost all of these funds will be allocated to Maryland's hospitals so they

can plan, train and purchase equipment.

We still have a long way to go, but the actions of the General Assembly combined with the resources from the federal government, put us in a good position to move forward.



Cheng Writes Article on Postpartum Depression

Dr. Diana Cheng, medical director of women's health for the Center for Maternal and Child Health, has long felt that postpartum depression was a misunderstood condition that affects one out of every 10 mothers after delivery of their infants.

So when the recent case of Andrea Yates, the Texas mother convicted of drowning her five children, brought media attention to the issue, Dr. Cheng realized there was an urgent need for more education on this disorder.

To help get the word out, Dr. Cheng was guest editor for the April edition of the National Women's Health Information Center's Web site newsletter,

Continued

Diana Cheng *Continued*

where her article, *Postpartum Depression Incidence, Risk Factors, Diagnosis, Treatment and Resources*, is posted online (www.4women.gov).



Dr. Diana Cheng

"If there is any silver lining to the Andrea Yates case, it is the increase in awareness that postpartum depression and psychosis are serious medical problems," said Dr. Cheng. "I'm amazed at the number of women who have contacted me about their personal experiences with postpartum depression and how little help they had getting through it."

Her article has been reproduced in brochure format, and is now being distributed by the thousands to local health departments statewide. She is also presenting her information to local medical and community groups.

"Most care providers are busy screening for physical problems following pregnancy and birth," said Dr. Cheng. "They are not necessarily looking for the emotional signs of postpartum depression."

While it is hard to say exactly what causes postpartum depression, it appears that both biological and psychosocial factors contribute.

Some women may be sensitive to the tremendous change in hormones after childbirth. Others may react to the change in lifestyle and routine that accompanies motherhood.

According to Dr. Cheng, approximately 70 percent of new mothers have some symptoms of the postpartum "blues," which includes periods of insomnia, weepiness, sadness, anxiety, poor concentration and mood changes.

A defining characteristic of the "blues" is that it usually begins within three to five days after delivery and lasts only a few days, disappearing by about two weeks postpartum.

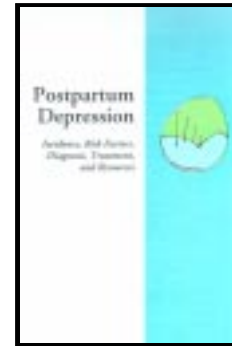
In contrast to the "blues," 10 percent of new mothers have symptoms of depression that persist for longer than two weeks. New mothers should seek help if they experience any of the following signs:

- Strong feelings of sadness, anxiety or irritability;
- Emotional stress that interferes with taking care of self or family;
- Trouble motivating oneself to do normal everyday tasks;
- Diminished interest in food (or compulsive overeating);
- Diminished interest in self-grooming (bathing, dressing, fixing hair);
- Overly intense worries about the baby; and
- Lack of interest in the new baby or fear of harming the baby.

Family or friends who notice any of these symptoms should encourage new mothers to seek help.

Fortunately, postpartum depression is very treatable. Treatment usually requires anti-depressant medication, prescribed by a physician with expertise in treating women with this disorder.

Counseling also may be helpful, and some women with only mild symptoms may benefit from counseling without medication.



"If postpartum depression is diagnosed early," said Dr. Cheng, "it is easily treated and the potentially tragic consequences can be prevented."

Editor's Note: Thanks to Tara Snyder, Community Health Educator in the Center of Health Promotion, Education and Tobacco Prevention, for writing this article.

Bike to Work

May is both National Bike Month and Clean Air Month.

To help celebrate these events, the Baltimore Bike to Work Coalition, which includes the Maryland Departments of Environment, Planning, and Transportation; the Baltimore Metropolitan Council; the Baltimore Bicycling Club; the Hard Rock Cafe and others, is organizing Bike to Work Day 2002.



Continued

Bike to Work *Continued*

The event is scheduled for Friday, May 3. A morning rally will be held from 7:30 to 8:30 a.m. at the State Office Complex in front of 300 West Preston Street, where there will be a demonstration on how to install a bike on racks located on the front of MTA buses. Refreshments and giveaways are available for riders. There will also be a drawing for prizes donated by area retailers and attractions.

Inside and outside bike racks are available around the State Office Complex for storage of your bike during the work day. Contact Kristen Forsyth at 410-767-4997 for more information.



Jack DeBoy (left), Deputy Director of the Laboratories Administration, receives a Certificate of Appreciation during ceremonies marking Public Health Week. Also pictured (from right) are Dr. Georges Benjamin, Dr. Diane Matuszak, director of the Community Health Administration, and Arlene Stephenson, deputy director of Public Health Services. Several units within the Laboratories Administration, along with other DHMH units, were also recognized.

The New DHMH Leadership Institute Is a Roaring Success

Training Services Division (TSD) launched the first offering of the **DHMH Leadership Institute** at a Leadership Learning Retreat held February 26 through 28.

During the three-day retreat, 24 participants enjoyed an inspiring keynote address from Dr. Freeman Hrabowski, president of UMBC. Dr. Benjamin and Jonathan Seeman, DHMH Deputy Secretary of Operations, offered their support for the Institute and encouraged the participants to make the most of the program.

Participants examined their leadership capabilities, improvement opportunities, and developed individual Leadership Learning Plans. Several participants were assigned senior leadership mentors to guide

them in their development, and attended a training program with their mentors. The next offering of the DHMH Leadership Institute begins May 6.

The DHMH Leadership Institute is a comprehensive two-year program involving 360-degree performance evaluations, a Leadership Learning Retreat, on-line course study, eight monthly workshops (each one a full day in length, one per month), group learning projects, and electives for individualized development resulting in DHMH Leadership Certification.

The Institute's focus is to develop leaders for DHMH's future who demonstrate core leadership competencies. This produces supervisors who are more comfortable performing their current

supervisory duties and prepares them to lead in successively senior positions.

TSD plans two more Institute programs this fall.

Institute participants are DHMH managers and supervisors who have been nominated by their supervisors to participate in this leadership-enriching program.

If you are interested in nominating one of your managers or supervisors, or would like to be nominated, contact Angie Huffman, Training Services Division, via e-mail at ahuffman@dhmh.state.md.us. Also contact Angie if you are a member of senior management and would like more information about serving as a mentor for an Institute participant.

Learn Via Satellite Broadcasts

Thursday, May 16 — **LIVE Satellite Broadcast, CDC Responds: Helping Schools Prepare for Possible Terrorism**, presented by the CDC National Center for Chronic Disease Prevention & Health Promotion's Division of Adolescent and School Health, and the Public Health Training Network. Contact Dave Carney at 410-767-5765 or by e-mail at carneyd@dnhmh.state.md.us for information on time, location and registration.

The following are additional satellite broadcasts that offer Public Health Distance Learning opportunities.

Thursday, May 2 — **The Role of Nursing and Public Health During Times of War and Terrorism**. 1:00 - 3:00 pm. This is a Live Satellite Broadcast and a Webcast. Register at <http://www.phppo.cdc.gov/phtnonline/>

Wednesday, May 8 — PRIMEDIA Workplace Learning presents **Nursing's Agenda for the Future**. 12 Noon - 1:30 p.m. For more information, call 800-826-5833 or visit <http://www.pwpl.com/healthcare/050802.asp>

Wednesday, May 8 — **Update on the Management of Hypertension**. 1:00 - 3:00 p.m. For more information call 800-826-5833 or e-mail hypertensionclass@rockpointe.com

Wednesday, May 8 — **Current Reproductive Health Issues for Nurses**. 3:00 - 5:00 p.m. For more information, call 334-206-5618 or visit <http://www.alapubhealth.org/alphtn>

Thursday, May 9 — **Enhancing Environmental Health Practice in the 21st Century**. 1:00 - 2:30 p.m. For more information, visit <http://www.phppo.cdc.gov/phtn/envhlth/>

Wednesday, May 15 — **The Alzheimer's Disease Continuum: Focus on Patient and Family**. 12:30 - 1:30 p.m. For more information, call 888-466-3250 or visit <http://www.psychlink.pwpl.com>

Thursday, May 16 — **Lyme Disease: Who Let the Ticks Out?** 9:00 - 10:00 a.m. For more information, visit <http://www.albany.edu/sph/coned/t2b2.html>; register by e-mail at lbachner@albany.edu or call 518-402-0339.

Thursday, May 16 — **The Medical Aspects of Child Abuse**. 10:00 a.m. - 1:00 p.m. For more information, call 334-206-5618 or visit <http://www.alapubhealth.org/alphtn>

Thursday, May 23 — **Effective Behavioral Intervention for HIV Prevention**. 2:00 - 4:00 p.m. For more information, call 800-462-9521 or visit <http://www.effectiveinterventions.org>

Wednesday, May 29 — **Novel Anti-psychotics: The Subtleties of Dosing**. 12:30 - 1:30 p.m. For more information, call 888-466-3250 or visit <http://www.psychlink.pwpl.com>

Additional information about these learning opportunities is available on the CDC Web site at <http://phppo.cdc.gov/phtn/calendar.asp> or by contacting David Carney, DHMH Public Health Distance Learning Coordinator, at 410-767-5765 or by e-mail at carneyd@dnhmh.state.md.us

Congratulations to . . .

Tracy Groves, R.N., a Cottage Manager at the Brandenburg Center, who is coordinating the second annual fund raiser called 'Brandenburg Berries - The Jam Made With Teamwork.' The event, which involves making and selling strawberry jam, is being held this month. Proceeds will benefit Brandenburg consumers who do not have personal funds. Last year's sale raised \$1,600.

Please Note:

The Central Services Division has relocated to Room LL-4, located at the end of the corridor that leads to the O'Connor Building Lobby Level restrooms. All phone numbers remain the same.



STATE OF MARYLAND

DHMH
Dateline DHMH

A publication of the Maryland Department of Health and Mental Hygiene, Office of Public Relations

Parris N. Glendening
Governor
Kathleen Kennedy Townsend
Lieutenant Governor
Georges C. Benjamin, M.D.
Secretary, DHMH
Karen Black
Director of Public Relations
John Hammond
Editor

DHMH Office of Public Relations
201 West Preston Street, Room 506
Baltimore, Maryland 21201
Phone: 410-767-6490
FAX: 410-333-7525
TTY: 1-800-735-2258

To contribute to **Dateline DHMH** or for further information, contact John Hammond, Office of Public Relations, 410-767-6490, hammondj@dnhmh.state.md.us. Please visit our Web site at www.dnhmh.state.md.us.